

Ask Bill Baum

Popopolas (Greek)
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Baum

They had no children
" lived in back Hytton's Auto Parts

For
Hivery
Book

glandular organs; pickled meats or fish; rich foods except as permitted on above list; all breads except hot breads; whole, raw or gas forming vegetables as cabbage, cauliflower, onions, radishes, cucumbers, brussels sprouts, and dried beans and lentils; fried foods and highly seasoned foods; spices and condiments such as pepper, mustard, chili sauce, pickles, and relishes; rich pastries and pies; concentrated sweets as syrups, candies, and jellies; olives, raisins, nuts, cocoanut; alchholic and carbonated beverages.

Sample Menu:

BREAKFAST

Pureed Stewed Prunes
Farina, Cream, Sugar
Soft Cooked Egg
White Toast (2)
Butter
Milk or Cocoa

DINNER

Str. Cr. Asparagus Soup
Soda Crackers
Sl. White Chicken Meat
Mashed Potatoes
Pureed String Beans
White Toast (1) -Butter
Creamy Tapioca Pudding
Milk

SUPPER

Str. Cr. of Spinach Soup
Soda Crackers
Cottage Cheese
Stuffed Baked Potato
Pureed Peas
White Toast (1) -Butter
Canned Peaches
Eggnog